

THE SHAKERITE

January 31, 2008 • Issue 5 • Shaker Heights High School • 15911 Aldersyde Drive • Shaker Heights, Ohio 44120

Chew on this

Each day, students brave long lines, food fights and sticky tables to eat in the cafeteria. But are they sacrificing more than their comfort?

PAGE 7, THE CORE

THE RULES

DID YOU KNOW FRENCH FRIES ARE VEGETABLES? OHIO SAYS THEY ARE. FIND OUT WHAT ELSE THEY THINK YOU SHOULD EAT.

PAGE 8

SUPERSIZE IT

WHAT WOULD HAPPEN IF YOU ATE CAFETERIA FOOD FOR 30 DAYS? YOU DON'T WANT TO KNOW ...

PAGE 9

SPORKS

SPECIAL EDUCATION AIDE BRUCE JENNINGS SHARES HIS THOUGHTS ON SPORKS AND ELEGANT CAFETERIA DINING.

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SCALPING SPIRIT

AFTER THE SHAKER VS. US HOCKEY GAME, THE ADMINISTRATION FOUND FAKE HOCKEY TICKETS. WHAT DID THEY COST YOU?

PAGE 4

APPLYING FOR STRESS

FIND OUT HOW TO DEAL WHEN COLLEGES ARE INCREASINGLY SELECTIVE AND THE PRESSURES TO PERFORM ARE AT AN ALL-TIME HIGH.

PAGE 13

DRINKING IT UP

CALLING ALL ATHLETES! READ ABOUT HOW, WHEN AND WHY GATORADE WORKS AND FIND OUT ... "IS IT IN YOU?"

PAGE 15





COVER ILLUSTRATION

This month's cover art interprets the new food pyramid, released by the Food and Drug Administration in 2005. Based on a 2,000 calorie diet, the FDA recommends 6 ounces of grains (orange), 2.5 ounces of vegetables (green), two cups of fruit (red), limited fats and sugars (yellow), three cups of dairy (light blue) and 5.5 ounces of meat and beans (dark blue) each day. The FDA also suggests adults and children spend 60 and 30 minutes, respectively, doing physical activities. Check out The Core for analysis of how Shaker's cafeteria menu measures up.

What's Inside

01.31.06

EDITORS' NOTE Speak or be silenced

In a time when the government can monitor phone calls and adults can censor our hallway conversations, freedom of expression is more important than ever. Although The Shakerite enjoys editorial freedom, we are concerned for our fellow student journalists.



Aviva Ariel

In the Kent State University newspaper, The Daily Kent Stater, Aman Ali's Dec. 5 column "Black people need to start sharing" argued, albeit crudely, that if the word "nigga" is acceptable in certain circles, people of all races should be allowed to use it.

In reaction to the inflammatory statement, students called a connection at the Ohio Civil Rights Commission, and apology letters from Ali and Michelle Park, the editor in chief, soon followed. Additionally, Ali will not receive the promotion he expected for the spring semester.



Emily Grannis

As we have previously written in this space, we don't believe "nigga" is an equal-opportunity word. However, though we do not agree with Ali's ideas, he has a right to publish them. As Sam Fulwood stated in his Dec. 10 column in The Plain Dealer, "There's no First Amendment right protecting people from having their feelings hurt by what they read."

In the past, Shaker students have voiced disagreement with our columnists. The difference, however, is that those reactions came from peers and not from adults with no connection to the community. The Stater editors should have warned Ali of the possible repercussions, but more importantly it was their responsibility to resist adult pressure. It may have been a mistake to print Ali's piece, but when adults coerce student journalists, they teach the wrong lessons.

Across the nation, high school newspapers are also struggling with censorship. Administrators recently stopped distribution of The Oak Leaf, the student newspaper of Oak Ridge High School in Tennessee, because it contained articles about birth control. Oak Ridge Schools Superintendent Tom Bailey said, "We've got 14 year olds that read the [student] newspaper." Well, Mr. Bailey, you also have 14 year olds having sex, and thanks to

FREE SPEECH

Fight for your rights! Or at least learn about them.

NOTEWORTHY,
PAGE 4

you it's more likely they'll get pregnant. But that's not the point. The point is that none of that information was libelous, all of it was legal, and the administration successfully censored it. Congratulations to

them. They just sent the message that no matter how professional or mature the student journalists, they are not adults and therefore cannot be trusted.

The Shakerite, in contrast to these publications, is "an open forum for student expression." This means the administrators can't restrict what we publish. For the record, despite our critiques of the district, administrators have remained open, cooperative and encouraging. We appreciate this demonstration of trust and hope other districts will take note and follow suit.



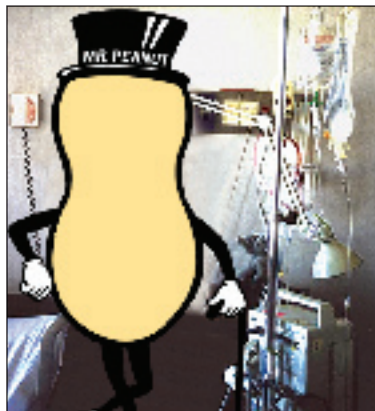
Making a comeback

Senior Ahmad Motley, a wrestler and linebacker, defied all odds and rejoined his teams this year.

Motley underwent heart surgery in May 2005 to correct a rare condition called Single Coronary Artery.

Doctors predicted he'd never play again, but Motley returned as a leader for the Raiders.

PAGE 16, RAIDER ZONE



SAY NO TO NUTS

Peanut allergies are on the rise. District-wide policies have banned peanut products from cafeteria lunches in Shaker and across the country. Students speak out about the no-nut rules.

PAGE 14, THE BEAT

TECHNICALLY SPEAKING . . .

The year (so far) in new technology as seen by the Editorial Board.



PAGE 12, SHAKER SPEAKS

SHAKERITE

Volume 76 • Issue 5
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CHRISTIAN CHRONICLES

After "The Chronicles of Narnia" was released in early December, controversy over the movie's message ensued. Students weigh in on the battle between religion and fantasy this month, and don't forget to read one Limelight editor's enthusiastic review before jumping into the debate.

PAGE 6, LIMELIGHT

Shaker Heights

Teacher's Association

SHTA

Professionals

Dedicated to Educating

Shaker Youth

Write to us!



Have an opinion? We'd love to hear.

Drop off at Rm. 231 or e-mail the editors at shakerite@shaker.org

THE HIDDEN POWER OF FLOWERS

Flowers are the ideal Valentine’s Day gift. They smell good, they’re pretty and they are the ultimate sign of love. However, you may not realize each flower contains a hidden meaning. Be sure the florist does not confuse your red roses -- which signify “I love you” -- with crimson roses, which are a sign of mourning. Even worse, a yellow rose suggests that you have experienced a “decrease in love.” If your sweetheart is far away, give a striped carnation, which will prove that you miss him or her dearly.



RANDOM ACTS OF KINDNESS

Celebrate Random Acts of Kindness Day by trying to accomplish all 10 of these good deeds this month.



- 1 Put a quarter in a parking meter that has expired.
- 2 Write something nice about the waiter or waitress on the back of your bill and give it to the manager.
- 3 Put a piece of chocolate under someone’s pillow.
- 4 Share this list with 10 other people.
- 5 Cook a nice dinner for your family.
- 6 Wash someone’s car as a surprise.
- 7 Bake cookies for your entire history class.
- 8 Write a letter to a grandparent or give an elderly relative a phone call.
- 9 Pick up a piece of litter on your way home from school.
- 10 Find someone whose birthday is listed on this calendar and wish him or her a happy birthday.

February

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			WB Salon H 6 p.m. 1	Groundhog’s Day 2 Bloodmobile	Carrot Cake Day 3 Split Breakfast 7-10 a.m. WB Mentor A* IH St. Edward H 9 p.m. Martina McBride Concert at Wolstein Center 7:30 p.m. \$40-50	Thank a Mailman Day 4 MB St. Edward H 10/12/1:30 WB Lakewood H** IH University A at Metroplex 8:30 p.m. Winter Ball 8 p.m. - 11 p.m.
			Asi Bakshani turns 10			
Battle of the Bands at Peabody’s Downunder 1 p.m. \$8 Super Bowl 9 p.m. Melissa Freilich turns 15	Give a Compliment Day 6 Justin Maines turns 16	MB Brush A 4:30 9th only 7	WB Cleveland Heights A** 8 O.A.R. Concert at Wolstein Center 7:30 p.m. \$24	Student Council Meeting 9 Seth and Sherrod Williams turn 16	MB Lakewood H* 10 Brittany Glass turns 16	ACT 8:00 a.m. - 1 p.m. MB Shaw H 10/12:30/2 OMEA Solo & Ensemble Contest 8 a.m. - 4p.m. Flogging Molly at The House Blues 7 p.m. \$19-\$23 11
12 Tracie and Darcy Spraggins turn 17	13 Tarisa Bevel turns 15	Valentines Day 14 BOE Meeting	15 American Math Competition Now Stages 24 thru 2/18 Orchestra Festival Concert 7:30 p.m.	16 Keely Brett-Eiger turns 16	Random Acts of Kindness Day 17	18 MB Cleveland Heights A 10/12:30/1:30
19 NBA All Star TNT 8 p.m.	NO SCHOOL! 20 Presidents’ Day	21 Alex Stout turns 18	22 Lake Erie League Choral Festival at Lakewood 7 p.m. Andrew Clair turns 18	Early Dismissal 23	National Tortilla Chip Day 24 Progress Reports Meeting Black History Month Closing 8 a.m. and 7 p.m. Lakewood Jazz Festival MB Admiral King A*	25 The Slackers at the Grog Shop 9 p.m. \$10
26 Latin Club Academic Challenge 3 p.m.-5 p.m.	Polar Bear Day 27 Mia Pollock turns 15	28 Mardi Gras Dan Smith turns 18 Charlotte Houston turns 15	KEY H - Home A - Away WB - Women’s Basketball *Freshman at 4:15 p.m. JV at 6 p.m. and V at 7:30 p.m. ** V at 4:15 p.m. and JV at 6 p.m. (Ice Hockey games listed at H are at Thornton Park)			

GROUNDHOG’S DAY

Every year on Feb. 2, the country watches as a furry groundhog searches for its shadow. If the animal sees his shadow, we’re all in for another six weeks of winter. If not, spring is on its way. The practice, started in the 1880s by Germans in Punxsutawney, Penn., has become a popular attraction, with more than 35,000 people journeying to the town to witness the annual prediction. The event is conducted by The Groundhog Club’s Inner Circle, which comprises 21 men wearing tuxedos and top hats. Among their many responsibilities is the care of Punxsutawney Phil, the groundhog the group claims has been making predictions for the last 120 years. Unfortunately, Phil has seen his shadow the last six years, indicating a prolonged winter. Spectators hope for a sun-drenched appearance this year.

OSU ROCKERS COME TO CLEVELAND

O.A.R.’s winter tour will make a stop at the Wolstein Center Feb. 8. The band is promoting its latest album, “Stories of a Stranger.” The five-man group met in Maryland before they attended college together at The Ohio State University, where they formed a frat band in 1998 that quickly turned into a billboard success. Their name is an acronym for Of a Revolution, and their music is an upbeat mix of rock, pop and reggae. Crowd surfing and flying shoes should be expected.

MARDI GRAS AFTER KATRINA?

After the devastating effects of Hurricane Katrina, a debate has surfaced over the celebration of Mardi Gras in New Orleans. Supporters of the celebration insist it will bring much-needed tourism and revenue that will help with rebuilding efforts. Many displaced New Orleans residents view the all-out, alcohol-steeped street party held before the start of Lent as inappropriate under the circumstances and believe that the city has more important things to focus on. Still, some say that Mardi Gras is the heart and spirit of New Orleans and should continue no matter the circumstance.

UNUSUAL WINTER OLYMPIC SPORT EXPLAINED

The Winter Olympics will be held this year in Torino, Italy, and athletes will compete for medals in 15 winter sports. You might expect to see bobsled-ders racing down icy chutes or figure skaters acing triple axels. But if you tune in starting Feb. 13, you’ll see athletes sweeping the ice with brooms, sending granite stones with precise spins down a rectangular court. They’re engaging in a 10-inning game called curling, which is relatively new to the Olympics, making its debut in 1998. This unusual sport is the ideal way to enjoy the Winter Olympics.



NEW TECHNOLOGICAL ADVANCES IMPROVE SHAKER

While students were gone over winter break, the school underwent several improvements. Workers installed new doors around the auditorium and band rooms and projectors and screens in a few classrooms. Grant money brought a few SMART Boards -- technologically advanced white boards that allow students and teachers to interact with information on the board and save information for later use. For more information on school improvements see page 12.



Dan Snider • The Shakerite

IN THE DAYS before the University School game, tickets to the hockey game were in high demand. Four students were suspended for counterfeiting, but scalpers went unpunished.

FOUR SHAKER COUNTERFEITERS SUSPENDED

BY SCOTT UNDERWOOD
NOTEWORTHY EDITOR

Preparing for the Shaker vs. University School hockey game is easy. Raider jersey? Check. Face paint? Check. Counterfeit tickets? Double check.

After the administration discovered fake tickets at the door to Thornton Park, four Shaker students were suspended for their involvement in the creation and distribution of counterfeit tickets.

One of the most anticipated sporting events each year, the US game fills Shaker's home rink to its 720-person capacity, and tickets are always in high demand. Junior Andrew Wiedemann, one of the suspended students who manufactured the tickets on his computer, said he had always noticed students' excitement about buying tickets, but "had never heard of any one [making fake tickets] in the past.

"I think other students may try [to create fakes] in the future," Wiedemann said, adding that while he manufactured the tickets, his friends, whom he chose not to identify, distributed them. Wiedemann said he did not profit from the venture.

Frank Wessinger, Wiedemann's assistant principal, said school officials tried to round up all the fake tickets once they learned about them and that they determined the source and number of tickets, a figure Wessinger put between 12 and 15. Wessinger added that students were disciplined because counterfeiting is illegal. He would not comment on the length of suspensions but said "the disciplinary response for those students involved in the forgery and distribution was determined by the students' level

of involvement," said Wessinger.

While four students were reprimanded for this incident, many others who engaged in like acts and went unpunished. A new policy allowed seniors to purchase tickets first, followed by underclassmen, for \$3. Tickets sold quickly, and by Wednesday of game week, no tickets were left for sophomores and freshmen. Some upperclassmen bought the maximum of two tickets per student and sold them to underclassmen at high prices rumored as much as \$50 a ticket. Wessinger said he was unaware of the practice.

Ohio is one of 16 states that prohibit the resale of tickets and one of four that grant local governments the ability to license or prohibit resale of tickets.

Freshman, Patrick Sutorius, got a ticket from his senior brother but said that, "one of my friends paid \$20 for one," a price that Sutorius said was "outrageous."

University School defeated Shaker 4-3 at Thornton. The teams will meet again Feb. 4 at the Metroplex in Warrensville Heights.



Possible cafeteria renovation in the works for next year

BY CARRIE REESE
NOTEWORTHY EDITOR

You may have started packing up and moving on from your elegant dining experience in the hallway, but wait! The proposed plan to prohibit eating lunch in random spots around the school has been postponed. Renovating the cafeteria is the administration's newest solution.

"There is no plan yet," Principal Michael Griffith said. "The hope is that something would potentially be in place for fall."

Griffith said the renovation might utilize rooms around the cafeteria -- including the teachers' cafeteria and the study hall room, 253B -- to increase available seating.

"Part of the reason people don't want to eat in the cafeteria is because it is too cramped and noisy," said Griffith, who has met with architects, district officials and the PTO Health and Safety Committee in the early stages of this project.

On the other hand, students such as Christin Martahus think that money would be better spent on other things. "There are more issues we could fix, like adding a pool or getting new books that



Dan Snider • The Shakerite

THE CAFETERIA SEATS 370 students.

don't have tape holding them together," she said, going on to suggest new heating and air conditioning as well.

Despite other possible school improvements, Griffith thinks a new cafeteria would create a more positive environment and emphasized a wish building restrooms in the cafeteria in order to minimize disruptive hallway traffic during lunch periods.

The renovation would include more lines for food service and extended seating (the cafeteria seats about 370 students now; 600 would be the ideal number). Griffith talked about making the cafeteria more like a food court. He suggested more "cozy" seating and a larger space that would enable friends to eat and converse together without feeling crowded. Griffith thinks students would be less likely to eat in hallways if the cafeteria included more inviting eating areas. The change would "limit distractions [during] academic times," he said.

Although Griffith is hopeful that a larger and more welcoming cafeteria would attract more students and create a better environment, he stressed that the freedom of coming and going Shaker students already have will remain. "We are an open campus, and that's not going to change," he said.



BRIEFS

- The BOE convened for its first meeting of the 2006 term Jan. 10. New members Norman Bliss and Annette Tucker Sutherland were sworn in, and returning member Freda J. Levenson was elected president of the board. F. Drexel Feeling, also a returning member, was elected vice president. They will be in those positions for this calendar year.
- The board voted unanimously to put a levy on the May 2006 ballot. A figure was not finalized, but Superintendent Mark Freeman suggested it would be 9.9 mills, which would generate approximately \$8.5 million over the next two years. James Rebitzer, chairman of the Finance and Audit Committee, presented the committee's report recommending a levy. The Finance and Audit Committee determined that the district is spending funds efficiently. Concerns included rising health care and energy costs and quality of education in Shaker. In their December 2005 report, they stated, "Responsible stewardship requires that the District pursue the dual objectives of financial balance and high-quality educational programs . . . the District should proceed with spending reductions and should place an operating levy on the 2006 ballot."

• Approximately 40 Shaker citizens came with questions and Rebitzer about the proposed levy. Residents already pay the highest property taxes in the state and those taxes accounted for 78 percent of the district's total income in 2004-2005. Ken Koberna, who does not have children in the schools, questioned the board members' decision. "I wish I could join in the love-fest, but my taxes are through the roof," Koberna said. In a later interview, Koberna stressed how highly he values education and the Shaker community. Despite that, he fears a "rubber stamp" school board. "[Living in Shaker] is getting to be so unaffordable, and I think we're losing more people than we're gaining with our taxes," he said. Compiled by Emily Grannis and Lauren Weiss

FIRST AMENDMENT: KNOW YOUR RIGHTS

A BRIEF HISTORY OF FREE SPEECH IN THE UNITED STATES

The right to free speech has always been a heated issue. According to the First Amendment, we have the right to free speech and free press, but many times these rights have been suppressed at high schools around the country.

In the Supreme Court case *Tinker v. Des Moines* (1969), a group of students was suspended for wearing black armbands to protest the Vietnam War. The court held that students “do not shed their constitutional rights to freedom of speech or expression at the school house gate.”

School officials, however, are allowed to punish

students if their speech creates a substantial disruption of school activities and the academic environment. The court curtailed student speech rights in their decision in *Hazelwood School District v. Kuhlmeier* (1988). The principal of a high school near St. Louis censored the student newspaper because it contained information about teen pregnancy. The court decided that school officials have a right to censor if the newspaper is funded by the school and if board policy does not consider it an open forum.

Compiled by Carrie Reese

BEHIND THE WRITING ON THE WALLS

Signs you see in hallways and classrooms may provide fun distractions during the school day, but more importantly they are examples of the right to free speech. Posters throughout the school promote everything from watching one’s language to supporting sports teams to promoting conservation or extracurricular activities. Theoretically, all posters are supposed to be approved by a faculty club adviser. However, in recent years have appeared more and more signs independent of clubs or teams and lacking adult oversight. Although a wide range of posters is allowed, students have been reprimanded for posting profanity and other slogans deemed offensive by the administration.

Posters about “HB hoes,” for example, have gotten students suspended from playing in games. According to security guards, depending on the situation, there are different penalties for placing unacceptable signs on school walls.

BIOLOGY

Compiled by Carrie Reese

HOW TO WORK (WITH) THE PRINCIPAL . . . OR NOT

Prior review and prior restraint restrict student publications’ First Amendment rights. Prior review refers to an administrator’s right to read a publication before printing and/or distribution; prior restraint gives administrators the right to “inhibit, ban or restrain” publication, according to

the Student Press Law Center.

By Board of Education policy, The Shakerite operates as an open forum for student expression and is therefore exempt from the Hazelwood restrictions and not subject to prior review or prior restraint.

Compiled by Emily Grannis

BEACHWOOD BLOWHARD EDITOR THREATENED WITH SUSPENSION

In November, Beachwood junior Max Eden planned to distribute an underground newspaper he had created with friends.

According to an article in The Sun Press, Eden’s Assistant Principal Dwight Greer threatened him with suspension if he were to distribute The Beachwood Blowhard on school grounds. Although Greer had not actually read the newspaper, which included stories alleging rigged homecoming queen elections and hazing at the high school, Greer heard rumors among the student body suggesting the content would be disruptive in school.

Eden, however, believed *Tinker v. Des Moines*

gave him justification for passing out the paper at the high school. The 1969 ruling in favor of students’ freedom of expression was made, according to the U.S. Supreme Court multimedia website, because “the principals had failed to show that the forbidden conduct would substantially interfere with appropriate school discipline.”

Greer used this segment of the ruling as the basis for his position. “If you want to distribute it off school grounds,” Greer said in The Sun Press’ article, “then you have every right under your constitutional rights. But if you choose to distribute it on school grounds, you will be suspended, based on the likelihood that it will cause a disruption.”

Compiled by Aviva Ariel

ON THE LINE: PUBLIC AND PRIVATE INTERNET POSTINGS

Students’ Internet speech is coming under increased scrutiny because some argue threatening or offensive content students post on the Internet (even if done off school grounds) is cause for school punishment.

Recently, three students were suspended from Taft High School in Chicago for making obscene and threatening statements about teachers on an online message board, such as a desire

to slit one teacher’s throat “like a chicken.”

Those opposed to school action say the school has no right to punish students for off-campus actions, but according to an article on a Canadian website, Macleans.ca, “The school’s administrators were in line with a U.S. Supreme Court decision upholding a school board’s power to limit students’ rights to free expression in favor of school safety.”

Compiled by Scott Underwood



"NARNIA": A THEATER MUST-SEE

"The Chronicles of Narnia: The Lion, the Witch and the Wardrobe" was one of the most anticipated movies this holiday season. Going in, I thought it was going to be juvenile, but it was something to do on a Sunday night. I was pleasantly surprised. The actors, though young, enacted their characters believably. "Narnia," though completely fantastical, was strangely realistic. Believe the hype. This is a must-see in the theaters because seeing it at home will not be the same; the small screen won't do justice to the war scenes. - Liz Kantor

Lime Light

01.31.06

Listen live for a change

Stop watching MTV, and turn the radio off. Just for a couple days. I know this will be difficult, but give it a shot.

Instead, I suggest live music.

Cleveland is one of the best rock 'n' roll cities in the United States, and not because of the weird triangle building by the lake.

Because our fair town is located between New York and Chicago, almost every band that goes on a tour of the Northeast and Midwest graces the stage of local clubs.



Josh Davidson

Every night of the week you can find anywhere from three to six concerts featuring local and/or national bands (and the occasional international act).

For example, Friday, Jan. 27 featured 21 bands in six different clubs, playing everything from crunk rock to ska. Bands that perform everything from hip-hop to techno to punk come through Cleveland all the time. Go to the show and check it out.

And no, a lot of these bands don't get their videos played on MTV. God forbid, some don't have videos at all. That doesn't mean it's not good music. It just means they don't have the right image, marketing strategy or mainstream enough sound to sell 30 billion records a year.

Even during the winter, usually the worst season for concerts, our city will host two of the best bands in the country. Flogging Molly, a band from Los Angeles, blends traditional Irish music and crusty punk rock. The lead singer often tells stories of his life in Dublin and his family's fight for a free Ireland, which bring people to tears. They play the House of Blues Feb. 11.

Later in February, we will also get uplifting ska music from The Slackers. This band is a personal favorite, blending old-school reggae sounds with the up-tempo rhythm of '70s ska revival.

The Slackers' horn players often jump from the stage to the floor and solo amid the awestruck crowd. I've never met anyone who has gone to see them and left the show without a huge smile on his face.

If you check the concert sections of The Cleveland Free Times or Scene Magazine, you can see the abundance of live music over the next couple months.

But remember, these shows will be different than what you see on TV. Most bands come to places that may be smaller than your living room, but that's part of the experience. You can actually see the band without dishing out the \$50 it costs to get anywhere close to Kanye West. Most concerts cost less than \$15.

Don't pass up the chance to stand six inches away from the stage. Cleveland is blessed with a great music scene. Take some friends and go out. And, because shows are cheap, take a chance on a band or a genre you don't already know and love.

It'll be a lot better than watching the alt-rock countdown on MTV2.

WHAT WOULD JESUS WATCH?

BY NATALIA CABRERA AND SIMONE DUVAL
STAFF REPORTERS

The formula for fantasy film success often include heroes, villains, magic and supernatural animals.

And if you're trying to please some viewers, a Christ figure and clearly drawn lines of morality are necessities. If you're looking for proof, look no further than the battle between Harry and Aslan.

The Christian community has embraced author C.S. Lewis' books with open arms. Lewis' "The Chronicles of Narnia" tell the story of a world in which animals and other marvelous creatures are personified. Throughout the books, the characters' objectives are to conquer evil with the help of Aslan, a lion and the Lord of Narnia.

The parallels to the New Testament are clear if not deafening. The White Witch portrays Satan, and Aslan, the Christ figure, sacrifices himself and overcomes death to live again, symbolizing Jesus' death and resurrection.

"It's just a bunch of people finding Christian undertones through their interpretations," sophomore Andrew Hunt said.

When "The Lion, the Witch,

and the Wardrobe," the first book written in the series, was made into a movie, the website christiananswers.net gave it a moral rating of "Excellent!" and praised the movie's positive message.

"This story is beautiful and heartwarming in the believability of its symbolism, designed by Lewis to remind viewers of Jesus' atoning death and resurrection," the website stated.

On the other hand "Harry Potter and the Prisoner of Azkaban earned a "very offensive" moral rating from the same site, even though it received 4.5 out of 5 stars for moviemaking quality.

"The film series takes it a step further and makes it all visually rich and real. It is unfortunate,

therefore, that [Rowling] has chosen mythology and dark occulted practices as Harry's 'savior' instead of a better spiritual goodness," the site's review stated.

The National Catholic Reporter described a Pastor Jack Brock from the Christ Community Church, located in southern New Mexico, who held a "holy bonfire" in December 2001. He torched the "Harry Potter" books, saying, "These books encourage our youth to learn more about witches, warlocks and sorcerers, and those things are an abomination to God and to me."

Narnia has also gotten support from the local Christian community. St. Paul's Episcopal Church, located in Cleveland Heights, recently put on a musical production of Lewis' fantasy. Sophomore Allison Paetz, who was in the production said, "It was a story we were all familiar with, so it was really interesting for us to learn that there was another side to the story."

Josh Davidson contributed to this story.



Illustration by Aviva Ariel

Hate Valentine's Day a little less this year



Millions of people will go to the movies on Valentine's Day. However, if you're broke and need something cheap to do for your sweetie (or lack thereof), here are some DVDs to rent that will please everyone.

Have an idea for next month's Rent This? Send your ideas for movies and topics to shakerite@shaker.org with "Rent This" as the subject.

Compiled by Liz Kantor

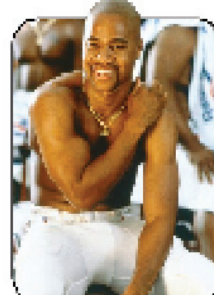
IF YOU'RE A GIRL
WITH A DATE:
"THE NOTEBOOK"
2004

This movie provides a great mix of love, conflict and uncertainty. It is a major chick flick, but if he's letting you pick the movie, anything goes. You'll sob and he'll be the shoulder for you to cry on.



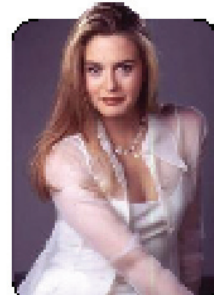
IF YOU'RE A GUY
WITH A DATE:
"JERRY MAGUIRE"
1996

This is the perfect DVD to please you and her. Sports and love -- the yin and yang of a guy-picked movie. She'll love it (and you by association) and you won't be bored out of your mind by another girly movie.



IF YOU'RE A GIRL
WITHOUT A DATE:
"CLUELESS"
1995

You will no longer feel sorry for yourself after watching this movie. You will laugh at these girls and their situations. Think about it this way: at least you're not falling for a gay guy (or your stepbrother).



IF YOU'RE A GUY
WITHOUT A DATE:
"SCARFACE"
1983

Cocaine and gun violence will help you deal with the pain of being alone on Valentine's Day. It's a classic guy movie, and the final scene will make you stop thinking about that nasty ex-girlfriend.



WANNA GO?

Get inspired to go see a concert instead of watching TV.

SEE CALENDAR
PAGE 3

The Core



01.31.06

The cafeteria offers salads, milk and snack machines stuffed with granola bars and fruit snacks. Sounds healthy, right?

Pretty much, until you see students carrying trays piled with cheeseburgers and ice cream bars. Students often pass up the healthier options in the lunch line, especially when fries are an option. Some say they ignore the “eat rarely” stickers in the vending machines and the warnings of health officials. The district keeps trying to push nutrition and health, but students don’t seem willing to sacrifice their hunger for chicken nuggets and nachos.

DIG IN!

THINKING LUNCH?

• Healthy food is here, but few students are biting

BY ALYSSA COHEN
STAFF REPORTER

No doubt you've noticed the stickers in the cafeteria vending machines. You know, the ones that remind students that granola bars and fruit snacks are the best choice, and candy should only be chosen rarely.

"What stickers?" said sophomore Bryson Guilford, who eats in the cafeteria daily and often purchases food from the vending machines.

According to Guilford, among others, students don't pay any attention to these sticky neon labels. Along with the introduction of a dairy machine containing milk and yogurt, the replacement of greasy chips with their baked twins and restrictions of french fry service to Tuesdays and Thursdays, the stickers attempt to modify students' eating habits in order to combat the recent teenage obesity trend.

"They want their french fries back," head cafeteria cashier Ranee Mezzacappa said. "They don't want to eat healthy, but we have no choice but to make things healthy."

According to Cindy Gorfido, district food service supervisor, Shaker has implemented nutritional changes in the past six years to accommodate new Ohio Department of Education guidelines and to confront the obesity epidemic.

The National School Lunch Program updated requirements for public schools in 2005, bringing minimum calorie requirements to 825 in high school cafeterias. Of these calories, less than 30 percent (247.5) can be from fat and less than 10 percent (82.5) can come from saturated fat. The lunch must also provide one third of the recommended daily value of protein, iron, calcium, vitamin A and vitamin C.

"We've made big leaps and bounds in the past few years," said Gorfido, who has held the post since 1999 and has worked in the district for 16 years.

So, fries aren't coming back full-time, but Gorfido said they will still be served in the cafeteria sparingly, because the state considers them to be vegetables and they are overwhelmingly popular with students.

"I want to make something students will choose. I don't want

to take away everything. That's not doing the students any good," Gorfido said.

Carolyn Steiner, co-chair of the PTO Health and Safety Committee, has a list of renovations in mind for the cafeteria menu.

"One day, I visited [the school cafeteria], and almost every student had pizza and fries . . . My arteries hurt just looking at it," Steiner stated in an email interview.

Steiner and the committee want students to have "a variety of delicious hot meals," salads, wraps, pasta and cold sandwiches to choose from. However, because healthy foods such as sandwiches and wraps are not only low fat but also low-calorie, the department has struggled to meet minimum calorie requirements. The PTO Health and Safety Committee would also like to see a cafeteria transformation to make lines shorter and the kitchen larger. In addition, they wish to install pasta and salad bars to make healthy food more easily accessible for those who opt to improve their diet. A marketplace setup could make the traditional cafeteria food more easily accessible, too.

Nutritionist Susan Meisel thinks that the obesity epidemic is a red alert for school cafeterias to reform. Like Steiner, Meisel would like to see healthier food served at school. But, she also recognizes other problems that may lead to unhealthy eating in school.

"Schools should give kids enough time to eat their lunches," Meisel said. "They need time to eat and digest." With only 35 minutes to eat, minus about 10 minutes to stand in the lunch line and five minutes for a locker stop, students often eat too fast in an effort to make it to their next class. The National School Lunch Program, while not legislating a given length of lunch periods, "encourages schools to provide sufficient lunch periods that are long enough to give all students enough time to be served and to eat their lunches."

Some students agree with Meisel, and choose not to purchase school lunches because of time restrictions. "The line is too long," said freshman Aaron Hirsh, who brings a packed lunch from home and eats in the cafeteria. However, when the cafeteria undergoes surgery to become a "marketplace" setup, the lunch line problem may be remedied.

"[The new setup] will probably cut down lines, like college cafeterias," junior Anastasia Frank said.

With a food service department budget of about \$2 million per year, the district has earned profits in the past three years that make the healthier food affordable. The renovations and construction in the cafeteria will be paid for by money raised in a bond issue passed in 2004.

RENOVATION CENTRAL

The cafeteria may be getting a face-lift next year to include more lunch lines and seat more students.

NOTEWORTHY,
PAGE 4

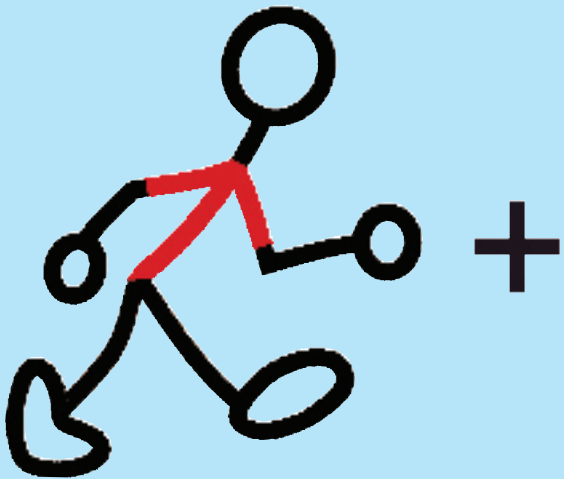
My arteries hurt just looking at it.

Carolyn Steiner
co-chair of PTO Health and Safety Committee, referring to students' trays piled with pizza and fries



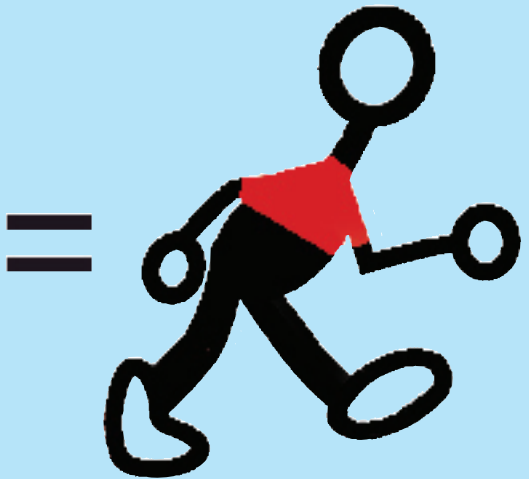
Dan Snider • The Shakerite

IN A MONTH, THE LUNCH LINE SERVES UP . . .



+

NUTRIENTS	CAFETERIA	SUGGESTED
CALORIES	15,080	14,500
CHOLESTEROL	1,140 mg	1,333 mg
SODIUM	22,080 mg	13,333 mg
CALCIUM	11,062 mg	7,667 mg
PROTEIN	616 g	333.3 g
CARBS	2,228 g	2,175 g
SATURATED FAT	188 g	83.3 g
TOTAL FAT	456 g	366.67 g



=

Cafeteria food information provided by district food supervisor Cindy Gorfido. Teenagers' nutritional needs provided by Laura Moore, a nutrition graduate student at Case Western Reserve University. These numbers assume students receive one-third of their daily needs at lunch and eat cafeteria food five days a week for four weeks.



Dan Snider • The Shakerite

Bobby O'Connor • The Shakerite

The macaroni rocks, but lose the sporks

While cafeteria food has always been the punch line of jokes, I have to give the food service people credit for improving the menu over the last year. But, all is not completely satisfactory to me.

Hey, food service -- are you listening? For all that is decent in the world, please lose the sporks!

I'll get back to that in a paragraph or four.

The selection of food offered in the lunch line has not always been as well thought out as it is now. Within the last two years, I have seen things that -- if she were exposed to them -- would surely cause Martha Stewart to voluntarily sign herself back into the big house.

First of all, I choose not to eat meat at the high school. OK, I keep kosher. But, even if I did eat meat at the high school, I believe that the very idea of a corn dog is morally reprehensible.

Even the name is an abomination. You try it: the next time you get mad at somebody, imagine calling him a corn dog. Your next call might just be to your orthodontist. Just the idea of serving a hot dog (which one never really sees, does one?) encased in artery-clogging batter should get you barred from wearing a hair net.

Or how about this one: if you're a freshman, you missed out on the opportunity to have a side order of mashed potatoes or French fries with your spaghetti like the upper-classmen did.

That's enough criticism about the food. I have to tell you that Shaker's mac and cheese day is not one to miss! I remember having a conversation with the creator of Shaker's mac and cheese in 2004. I don't want to point her out because it'll blow her anonymity, which she deserves. She'd be constantly badgered for her recipe, and I don't want that to happen to her.

On the other hand, I already know her secret. Can you say FIVE different kinds of cheese? FIVE! Who said you don't get the best at Shaker? It is amazing . . . especially with a side order of broccoli. It's good for you!

But here it comes. This year's unfortunate addition to the cafeteria offering is the spork. Come on now! We're all adults here . . . well, nearly all adults. Don't we deserve grownup white plastic cutlery?

There was a short time when I could score a "real fork" in the teacher's lounge, but apparently that source has dried up. It's a sad day when you can watch an otherwise respectable Spanish teacher act like she won the lottery when she scores a real white plastic fork that fell behind the microwave!

Almost every day, I buy a salad. I'm the pain in the neck whom you can hear plead, "Do you have one back there with no meat?" It's bad enough that meatless salads are about as hard to find as a four-leaf clover, but try eating a salad with a spork! It's about as difficult as cutting a (kosher) steak with a spife.

In closing, I invite the entire staff and student body to sample the new menu at the cafeteria! It's not perfect, but it's getting there. But, by all means, treat yourself to mac and cheese Friday. And, don't tell security, but I might even slip you a grownup white plastic fork to eat it with!

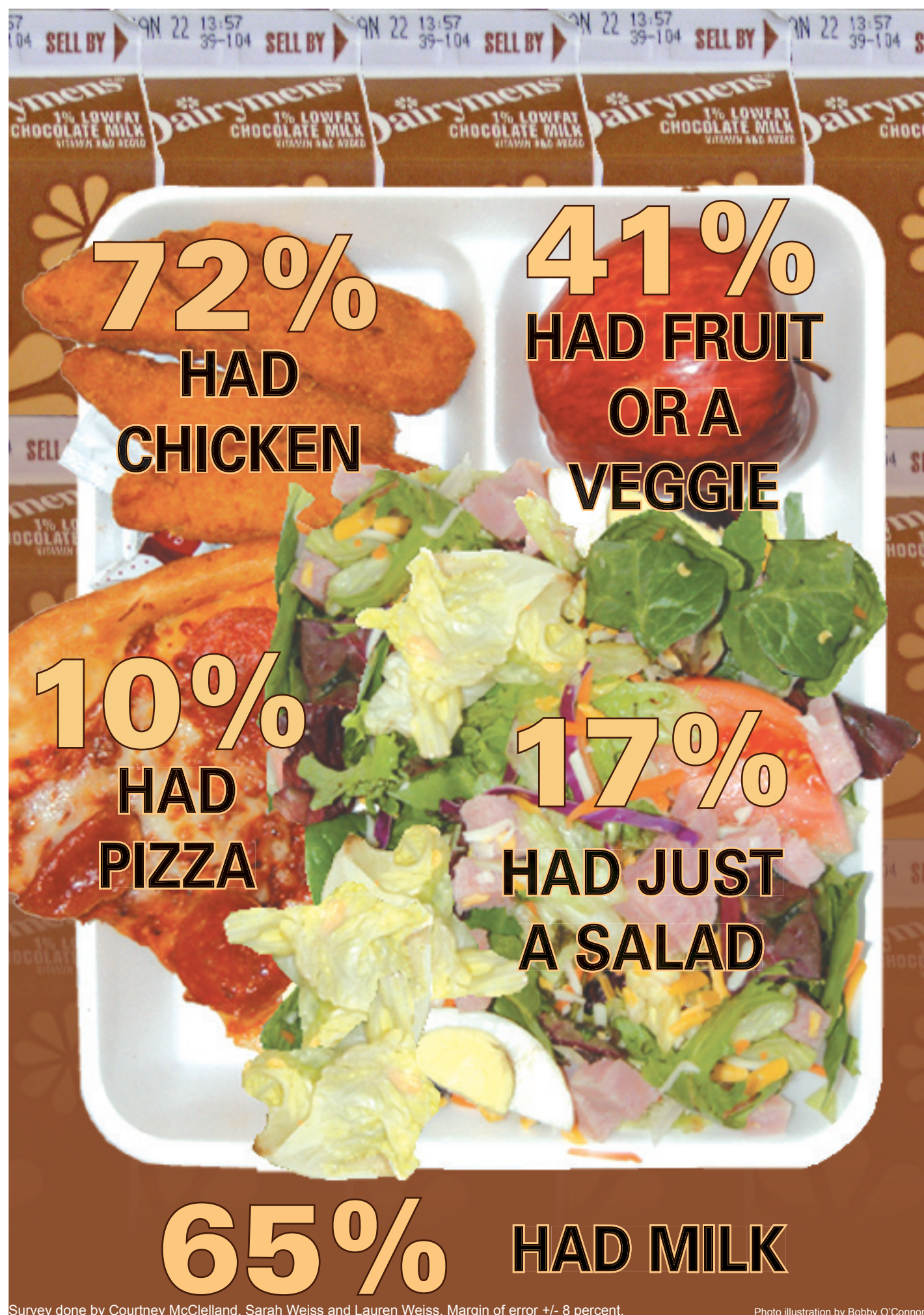


Bruce Jennings



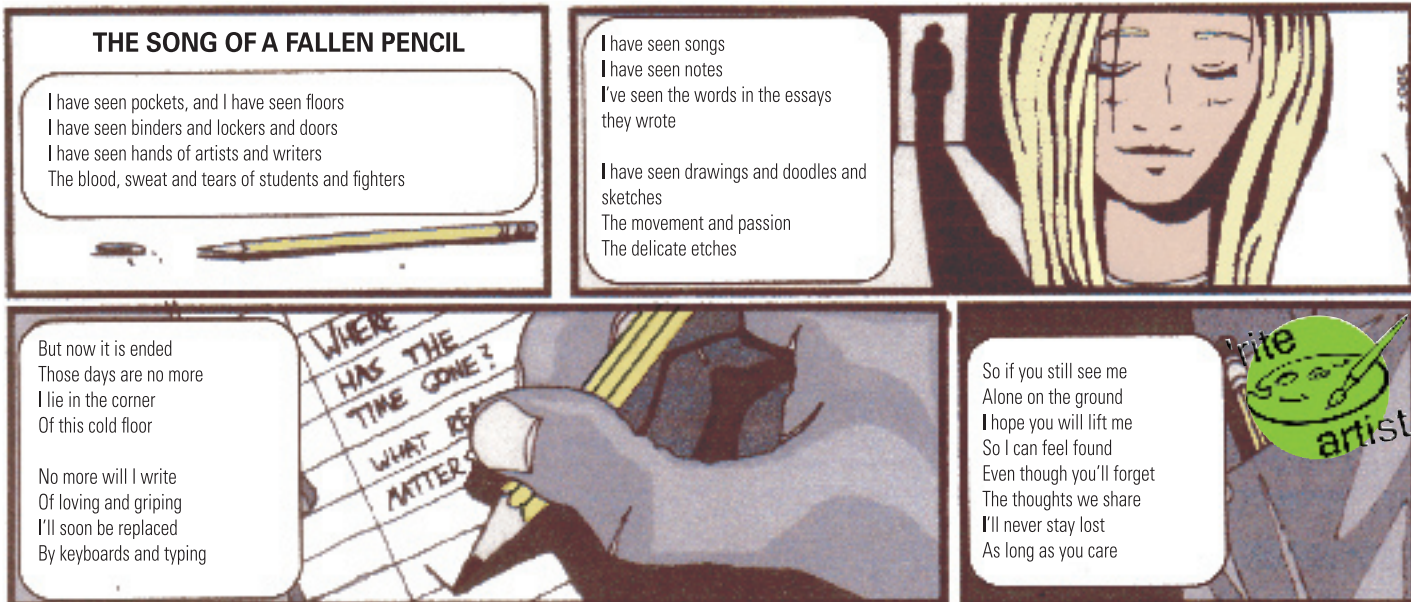
WHAT ARE YOU EATING?

• An average of 255 students go through the lunch line each day, in addition to about 15 teachers. Here's what they ate Jan. 5:



FEBRUARY IS FOR DIVERSITY

It's inevitable. Every February, someone wants to know why we celebrate Black History Month but don't observe a White History Month. These questions often arise from a belief that Black History Month teaches that black culture is superior. It doesn't. It's simply a time to learn about the history of a different group of people. Creating White History Month would not teach us anything new about "white" culture; we already learn about that in history class.



Yanni Davros • The Shakerite

ATMOSPHERE SHOWS IMPROVEMENT



At the beginning of the school year, the administration hoped to address the issues of climate and respect that were raised over the summer in The Sun Press. Teachers were encouraged to spend the passing periods in the hall, students were solicited for their opinions regarding school climate, and all members of the school community were asked to maintain a respectful environment.

In the Sept. 30 issue of The Shakerite, we suggested adults create uniform policies and students raise the level of respect and maturity. Now, one semester in, we would like to re-evaluate our initial response.

Teachers have made improvements by standing outside their classrooms. However, students won't know that they're there unless they interact, especially because the halls are so noisy. Speaking up if a student is loud or inappropriate can help. We promise, it is possible to relate to students in a way that won't result in an argument and a trip to 110. A smile or "hello" goes a long way, too – students are less likely to snap at an adult with whom they have a good relationship.

Students, too, have clearly made an attempt to improve hallway behavior – according to head of security Vic Ferrell, the

number of fights has decreased since last year – but language continues to be unacceptable. In the ideal school environment, classes would not be interrupted by hallway stragglers screaming "What the . . . ?" at the top of their lungs, nor would teachers have to plead with those stragglers to move along.

Principal Michael Griffith met with SGORR's Core leaders in December, continuing his attempts to correct issues within the school. Griffith heard the students' opinions on topics ranging from security guards' attitudes to students who are continually suspended, and he hopes to speak with other student organizations in the future. His plan to initiate change based on student responses is exactly what this school needs, but Griffith cannot do it alone.

Everyone has to be willing to give a little. The one-way staircases were good, in theory, but did not work in practice because students are not willing to forgo their easy-access routes, and security guards have trouble enforcing those rules. Security enforcement is not the solution either because their tone with students often results in conflict.

No one has all the answers to this ongoing issue, but progress can only come from unity and cooperation. Griffith is obviously putting a lot of thought and effort into this. The least we can do is meet him halfway.

Media should shed light on positives

Shaker Heights is not Pleasantville. Crime occurs. Inappropriate behavior happens. Racial issues perpetuate. What else is new? While we need to deal with these issues, we can't lose sight of the great achievements of our high school community.

Recently, The Shakerite criticized student behavior at hockey games. In the past, The Shakerite and other publications have written about teens abusing alcohol. Yes, underage drinking is illegal and irresponsible, and some behavior is just obnoxious. Criticism of students who do this is justified, but Shaker students are no different than students at other schools. Negative publicity is ineffective when not balanced by the positive attributes of our students. Perpetually condemning our student body is no way to improve anything. Students who are labeled as "wrong" often respond with more "wrong" actions, fulfilling their "judges" lowest expectations. Consequently, school unity reaches an ultimate low, bad behavior continues and the energy to improve is lost.

By continually publicizing the negative, we lose sight of the positive. Our outstanding diverse talents and academics should be celebrated! Our music, art and journalism programs receive national and international recognition. Our MAC Scholars, National Merit Scholars, SGORR program and overall academic achievements give us pride in our school. While race relations and academic achievement aren't ideal, publications such as The New York Times (Dec. 14) recognize that our efforts in this area have demonstrated positive results. In the past six years, African-American enrollment in honors and AP courses has gone up by half. In 2004, 98.8 percent of all students graduated, a rate 14.5 percent higher than the state's average. Also, in 2004, 25 Shaker students were National Merit semi-finalists, the most of any high school in Ohio. Finally, The Wall Street Journal recognized Shaker Heights as one of the top schools in the country when assessing them by how many graduates attend elite colleges and universities.

We're never going to be perfect. The sooner people stop blowing misbehavior out of proportion the better. We cannot let normal teenage antics define who we are. If we publicize and encourage greatness, perhaps that will be the self-fulfilling prophecy and motivate more positive outcomes.

When we take pride in our own best qualities, a true school spirit will emerge. Although it is inevitable that negative articles will be written, if we balance them with positive publicity it will give us an overall sense of achievement, and reflect Shaker for what it really is.



Sarah Brandon



Katherine O'Bryon



Julie Seger

Attention all seniors . . . did you hear the 'news'?

BY WESLEY LOWERY
SHAKER SPEAKS EDITOR

Sometimes I wish I were a senior. Instead of makeup tests and cut calls, they get cotton candy and paintball. While the rest of us are recovering from strenuous midterms, they are enjoying grueling rounds of bumper cars. And the best part: it's all excused by Mr. Griffith.

That's right, seniors can cut class, leave school and take a field trip to Swings-n-Things – and our fun-loving Principal Michael Griffith will excuse it. Yeah, right.

One might ask how a tall tale such as this one began (don't look at me), and while many students have heard these so-called true accounts, few claim responsibility. The spread of disinformation, while humorous at times, can in some cases cause anger and heartbreak.

Earlier this month, the population of a West Virginia mining town rejoiced at the news that 12 of the 13 miners who had been trapped underground for 44 hours had been saved. Three hours later the families were crushed when they found out that not 12, but only one of the miners had been rescued. After getting over their initial shock, the families struggled to comprehend why



they had been told wrong information. The mining company acknowledged that "in the process of being cautious, [they] allowed the jubilation to continue longer than [they] should have," but that provides little solace to a community in an emotional free-fall. The families and their community were left disheartened due to a major communications breach.

In cases like this, a simple "my bad" is no consolation to families who had a supposed miracle viscerously snatched away from them.

This rumor, unlike seniors frolicking for free at Swings-n-Things, was painful, and media outlets throughout the country amplified it, only to have to retract their stories later.

Like the media, Shaker students should take a lesson from this "miscommunication" and check facts before proceeding to spread obviously erroneous, and in the seniors' case ludicrous, information. Not only will such discretion avoid potentially hurtful situations, it will also save you a lot of embarrassment.

Pimp my school: new technology - good, bad and ugly



• In just one semester, the high school has acquired lots of new gadgets. Here's our take on the upgrades.

BIG TELEVISIONS

WHERE: CERTAIN CLASSROOMS
WHEN: THE TELEVISIONS WERE INSTALLED AFTER WINTER BREAK

The larger, flat screens are sure to enhance your movie-viewing experience, and having two real speakers means you can hear, too! Maybe the next upgrade will bring us, "Romeo and Juliet" in high-def.

ESTIMATED COST: \$315 EACH
EVALUATION: CHEERS

PROJECTORS

WHERE: SCIENCE CLASSROOMS
WHEN: THE PROJECTORS WERE INSTALLED AFTER WINTER BREAK

The installation of projectors was a good step toward incorporating 20th century technology into everyday classroom activities. Out of TVs, phones and projectors, this is the most worthwhile expenditure on technology.

ESTIMATED COST: \$28625 TOTAL
EVALUATION: CHEERS

TELEPHONES

WHERE: EVERY CLASSROOM AND OFFICE IN THE DISTRICT
WHEN: OVER THE SUMMER

Internet-based phones will save the district \$24,000 a year. But does every classroom really need a \$200 phone?

ESTIMATED COST: \$774,268 TOTAL
EVALUATION: CHEERS

DATA ANALYSIS FOR STUDENT LEARNING

WHERE: AT A PC NEAR YOU
WHEN: SINCE THE FIRST DAY OF SCHOOL

It's a wonder the district email system doesn't crash every time progress or grade reports are due. Since Shaker began piloting this software in August, teachers have been deluged with emails attempting to explain how to enter grades, why teachers can't enter attendance or why progress reports are delayed. In theory, this software will better fit Shaker's needs in years to come. In the meanwhile, even tech-savvy teachers admit to being confused.



EVALUATION: JEERS

AUTOMATIC TOILETS

WHERE: THE NEW FLUSHERS ARE IN THE SECOND AND THIRD FLOOR BATHROOMS
WHEN: AUTOMATIC FLUSH VALVES RUSHED INTO RESTROOMS OVER WINTER BREAK.

While it's nice to know you won't encounter any gross surprises when you walk into the stall, we all know how and when to flush toilets. Unfortunately, some of us choose to leave a lasting impression instead. The district shouldn't have to spend \$11,347 to keep the bathroom clean.

ESTIMATED COST: \$11,347 TOTAL FOR 43 VALVES
EVALUATION: JEERS TO STUDENTS WHO CAN'T FLUSH

NEW DESK CHAIRS

WHERE: THESE SOFT CHAIRS ARE LOCATED IN ASSISTANT PRINCIPALS MICHELLE AYERS AND ERIC HUTCHINSON'S OFFICES
WHEN: THE CHAIRS WERE ROLLED INTO ACTION OVER THE SUMMER

Assistant principals can work hard from the comfort of their aerodynamically designed chairs. But should anyone feel THAT comfortable in the assistant principals' office?

ESTIMATED COST: \$237 EACH
EVALUATION: JEERS

"I wore this jacket today to intimidate the test before I kick its ass."
1/5/06

"He took it once, and I was naked for a week."
1/6/06

"Aw, man. I got herpes again."
12/16/05

"I think I'll use the phone-a-Jew hotline."
1/3/06

heard in the halls

"If you don't stop hitting me, I'm gonna cut your arm off and feed it to my cat!"
12/10/05

Person One: "Does this smell like weed?"
Person Two: "Do you smoke?"
Person One: "No . . . no . . . seriously, does this smell like weed?"
1/4/06

Person One: "What happens if you do more than flirt with reality?"
Person Two: "You get reality's STDs."
1/10/06

"This is black volleyball. We don't play with rules."
12/13/05



On the road to college? It's wise to start early

Start Here

Freshman year:
Pick your classes wisely: Choose classes that are both interesting and challenging.

Become involved: Join clubs, sports or other activities that interest you both in and out of school.

Drop by a college or two: If you're on vacation, visit a college in that town.

Sophomore year:
Take the PSAT: Don't get too hung up on doing well. Instead, use your test results to find out what you need to work on.

Take the PLAN test: Use these results as a guide to finding your career interests.

BY KATE GUESS
THE BEAT EDITOR

Orders Books and Music offers more than 2,000 books on becoming a competitive applicant to college. With schools raising admissions standards and tuitions, Shaker students are having trouble finding a good fit.

"If you start the process early, you'll have a better idea of what you want and who you are," Guidance Department Chairwoman Eileen Blattner said. "Kids are applying to more schools than necessary. Some people are applying to ten schools or more," she added.

For some students, narrowing their lists is difficult.

"I didn't know what I wanted to go to college for," senior Tiffany Hill said. "I decided on nursing eventually, but we might be moving, so I had to find schools in all the states we might move to."

Alice Kutil, director of guidance records and transcripts, said most of this year's seniors have already applied to college. "At least 300 applied," she said. "Only 100 have not."

Aside from perks the schools offer, applicants are noticing the price tag



Miriam Moore • The Shakerite

SENIOR ANNA WEINSTEIN signs into the college applicant book in the guidance department after finals.

when they look at colleges. The College Board estimates the average tuition at a four-year university rises \$1,000 every year, a change history teacher Andrew Glasier attributes to lack of government participation. "College is getting more expensive because your generation isn't voting," Glasier said. "[Politicians] think you don't care."

Though upperclassmen are feeling the crunch, freshman Lizzie Helffrich said she hasn't experienced it. "The only thing I'm doing is just keeping my grades up," Helffrich said. "Next year I can worry about the real stuff."

Seniors and counselors have plenty of advice about "the real stuff." Just as Blattner recommends starting early, many seniors regretted relaxing sophomore and junior years, especially when they found themselves lacking needed credits senior year.

Senior Holden Gibbons wished he had done more before senior year, but said students shouldn't stress too much.

"Even if you're not making straight A's, just keep yourself going," he suggested. "You can't let yourself get intimidated by the process or by what you hear from other people."

Visit colleges:

Start visiting colleges and begin to get an idea of what schools interest you.

Send letters:

If you're an athlete, write a letter to any college coaches at schools at which you might be interested in playing.

Junior year:

Prep for testing:

Decide what will best help you prepare for the test. Some students buy review books while others try classes or private tutoring. For free preparation, check out collegeboard.com.

Take the SAT and/or ACT:

If your SAT scores weren't so hot, try the ACT instead. Don't worry if you don't score well the first time. You can take it again . . . and again . . . and again . . .

Visit Colleges:

After meeting with your counselor, start making a college list.

Send Videotapes:

Athletes should send tapes to college coaches along with a resume. If you plan on playing Division I or II, you should register with NCAA Clearinghouse at the end of the year.

Senior Year:

Athletes: While visiting colleges, athletes should call the coach ahead of time and schedule a meeting.

Pick a college:

Once you have received your acceptance letters, visit the schools again before making a final decision.

Apply to college

. . . early: Try not to wait until the last night to write essays or to ask for teacher recommendations. Sign the college applicant book at least three weeks before the deadline.

Take the SAT or

ACT again: If you weren't happy the first time, take them again.

Congrats! We (sorta) want you to matriculate

My college dreams have been snatched away and crushed into a million pieces. My beloved early decision school has not accepted me.

Rejected? Nope. Neither accepted nor rejected: deferred.



Miriam Moore

So what is deferment? It is limbo. It's the place between colleges saying "We absolutely love you" and "You're definitely not smart enough."

It's an insulting middle ground that essentially says that they like me, but they are going to wait and see if anybody better comes along. That makes me feel great about myself.

I'm not going to lie; I was upset. It's not that I expected to get in (this school was definitely a reach). It was just sad to learn that I wasn't wanted. Yeah, I shed a tear or two, but my friends Oprah, Ben and Jerry helped me through it.

Looking back, the college application process was nothing but a set of hoops for students to jump through, a set of tricks to perform for the admissions directors.

I pulled all-nighters since freshman year to accomplish decent grades, spent hun-

dreds of dollars to amass OK test scores and participated in, like, every sport and club offered. And what did I get? A letter saying that I'm sort of, kind of, maybe still considered by a college.

Misery loves company, and as a deferred student, I have plenty of companions. It seems as if very few of my friends actually got into college early.

I don't mean to be a killjoy for people who were accepted. Really, that's great. But frankly, their success prevents them from understanding the overwhelming disappointment that greets the newly deferred.

My friends who were accepted know that this ropes course has been long and annoying, but their acceptance allows them to romanticize the journey. Only my DFC (deferred from college) friends understand the deep-down resentment for college application hell.

But, I've moved on.

To all of you whose college ordeal awaits, know that there is life after deferment.

You may gain five pounds from all of the Chubby Hubby you consume, but don't worry; life will get better.

I don't have a college yet, but by April, all of us waiting in limbo will have a new place to call home.

You have questions.
We have answers.

Planned Parenthood of Greater Cleveland offers confidential appointments with an educator and lowcost reproductive health care services.

\$10 OFF

AT ANY
GREATER
CLEVELAND
HEALTH CENTER
WITH THIS AD

EXPIRES JUNE 30, 2006

Planned Parenthood
of Greater Cleveland

Call 800-230-PLAN for the health center nearest you.

GO NUTS! (UNLESS YOU'RE ALLERGIC)

• PEANUT ALLERGIES PROMPT NEW DISTRICT FOOD POLICIES

MEGHAN THOMPSON
STAFF REPORTER

There's more to the average PB & J sandwich than meets the eye. For some students, even smelling the classic lunchtime staple leads to an uncomfortable, even fatal, allergic reaction.

"I have had students that have required transport to the emergency room by rescue squad for medical treatment," school nurse Paula Dworkin said.

According to Dworkin, 20 students at the high school have nut allergies and six have other food allergies. Food allergies have increased nationally in recent years, leading to the ban of nut products at some schools.

"Allergies of all sorts seem to be on the increase – I have more students this year than any other with significant food allergies," Dworkin stated in an e-mail interview.

Risks for allergic students at school are immense.

"So much food is brought into the school that we do not know what it contains – nut products are pervasive, and some people's allergies are so severe that even smelling or touching nut remnants can set off an allergic response. Severe food allergies are life-threatening," Dworkin said.

Junior Sarah Sy, who recently "grew out of" her peanut and chocolate allergies, always took extra caution when eating outside her home. "When I was little, being allergic to peanuts was really inconvenient. I had to be cautious and careful. It's so easy to share contaminated food," she said.

Frustration accompanies an allergy, especially when it means missing out on foods. Senior Halle Bauer, who is allergic to nuts, said she feels left out sometimes.

"I don't mind people eating [nut products] around me, but when people bring something to share with the class and I can't eat it, I feel excluded," Bauer said.

Eating in classrooms also increases the chances of an allergic reaction. Senior Maddie Weinland, who is allergic to all nuts, shellfish and peas, asks her peers to put away food if it could trigger a reaction.

"In classrooms, I do mind [students eating nut products] because I'm allergic to the smell, but I just usually ask them to put it away or the teacher does because they know I'm allergic," she said.

Procedures are being implemented to keep students safe. A recent district policy change mandates that no peanut products be served in the cafeteria. In addition, teachers are notified of students with medical conditions and are instructed not to serve food in the classroom. Some students carry epinephrine to inject themselves if they develop symptoms.

"In my experience in the high school, incidents occurred from ingesting food from the outside that had been brought into the school," Dworkin said.

Regardless of risk, most allergic students interviewed do not think that nut products should be prohibited from school grounds.

"I don't think [a complete ban] is necessary. If you're allergic you know how to prevent a reaction and you're smart enough to stay away," Weinland said. "You'll be fine."

Dworkin believes elementary schools must place more stringent controls on food brought into the lunchroom in order to protect allergic students. According to Dworkin, "no nut" tables may be implemented, and sitting at the tables would require passing a "peanut free" test. The middle school and Lomond already have these policies in place.

Community awareness and consideration will continue to play a large role in preventing allergic reactions.

"Education is the key to maintaining a safe environment," Dworkin said.

SYMPTOMS OF ALLERGIC REACTIONS

Foods, medications, insect bites or other substances can trigger allergic reactions. While most are not life-threatening, some allergic reactions require immediate medical attention.

Mild

- itchiness
- skin redness or swelling
- stuffy, runny nose
- sneezing
- itchy, watery eyes
- hives

What to do: If you detect symptoms of a mild reaction, take an oral antihistamine such as Benadryl and contact a doctor if you are concerned.

Severe

- swelling of the face or mouth
- difficulty swallowing or speaking
- wheezing or difficulty breathing
- abdominal pain, nausea or vomiting
- dizziness or fainting

What to do: If you detect symptoms of a severe reaction and you know you have an allergy, take injectable epinephrine if you have it. If you detect any severe symptoms and you are unaware of any allergies, immediately call 911.

Compiled by Miriam Moore

FOODS THAT CONTAIN PEANUT TRACES

Barbeque Sauce



Cereals



Salad Dressings



Pumpkin Pie



Pesto



Pad Thai



BEWARE OF THESE NUT AND PEANUT-BASED INGREDIENTS ON FOOD LABELS:

- Arachis bouillon
- Emulsified ingredients
- Food additive 322
- Hydrolyzed vegetable protein lecithins
- Mandelonas



Sports and alcohol: mix cautiously

At any sporting event -- be it professional, college or even a high school hockey game -- you're likely to see plenty of wasted fans.

At Thornton Park, some hockey fans' chants are attempts to get under the opposing players' skins.



Mike Young

More often, they are the words of drunken fans who scream incessantly without any regard for whom they're offending, prompting some of the sober few to join in. To be fair, school officials and the police have cracked down over the years (moving starting times up to cut down on "pre-gaming") and have stated clear expectations of sobriety since the first game this season. That means fewer drunken fans and fewer offensive chants.

At the professional level, the problem is harder to solve but no less troublesome. Trouble with intoxicated fans led the New York Jets to make a drastic change for the Dec. 26 game between the Jets and New England Patriots -- alcohol wasn't sold.

The ban on alcohol was instituted because, one month before at a primetime Jets home game, nine fans were arrested. One fan stabbed two others in the restroom, and a state trooper broke his leg trying to subdue a fan who had been throwing beer bottles. (Throwing beer bottles? Browns fans would never do that, right?)

Based on the prevalence of beer-fueled idiocy at pro sports events, other teams should employ the same tactic in order to quell violence and stupidity.

When I go to Jacobs Field, I shouldn't have to endure some fat slob, eighth beer in hand, screaming "foul ball" after every pitch. Foul balls happen nearly every at bat. When you correctly predict a foul ball, you shouldn't exchange high-fives with your other drunken friends like it was some sort of major accomplishment.

There are, however, a few problems with the alcohol ban. For one, it is extremely hypocritical for an NFL franchise to decide to ban the sale of alcohol considering that during every commercial break the "official beer of the NFL," Coors Light, airs a commercial in which a bummed-out crowd suddenly becomes overjoyed when the Coors Light train rolls in and a cold, refreshing Coors Light appears at their fingertips (do I get any royalties for mentioning that?).

There's a better solution to the drunken fan problems. Halting sales after the first quarter or early in a game would still allow those who don't go to a game just to get drunk and be obnoxious a chance to drink a little and be sociable.

Most importantly, the ban would prevent incidents like the one involving David Lanzaro. In 1999, Lanzaro drove home from a New York Giants game, heavily intoxicated. He hit a car, paralyzing a 2-year-old girl for life. Lanzaro was charged with vehicular assault.

Granted, Lanzaro's behavior is a rare example of what having too much to drink at a game and then drive. But drunken fans do plenty of damage in the stands at every game. Limiting alcohol sales would protect responsible, sober fans during the game and on the drive home. Ideally, individual fans would make good decisions about drinking, but anyone who has been to a game knows high school, college or professional sport officials must make good decisions first.

Liquid gold: is *it* in you?



Allie Jennings • The Shakerite

• \$3 billion worth of sports drinks replace no-water workouts

BY TEDDY CAHILL

STAFF REPORTER

Is it in you?

Most likely, the answer for Shaker athletes is "yes."

Whether they grab a bottle during practice for refreshment, or simply drink in hopes of producing neon sweat, chances are Shaker athletes will reach for a bottle of Gatorade or POWERade.

The athletic department, however, doesn't provide sports drinks during sporting events. It only sends water.

"Some [athletes] bring their own [sports drink] . . . They think it's better than water," said men's basketball coach Bob Wonson, who said he is not sure if sports drinks are superior to plain water. Some coaches, however, occasionally provide sports drinks before games. Wonson's wife, math teacher Mary Ann Wonson, prepares lunches for the team -- complete with Gatorade -- on away game days.

Senior Brandon Hemmelgarn drinks Gatorade during practices and games. "I drink Gatorade because it tastes good and it replenishes you," said Hemmelgarn, who plays hockey and lacrosse.

Developed by researchers at the University of Florida in 1966 (the drink is named after the school's mascot, the Gator), Gatorade led the way as the first scientifically developed beverage of the now \$3 billion sport drink industry.

Before Gatorade's development, Shaker's athletes drank only water at their practices, and then only if their coaches allowed it.

"In football, we weren't encouraged to drink until after practice, and then it was only water," said baseball coach Bud Longo, who

played football at Shaker in the early '70s.

Gatorade's strongest competitor is POWERade. The second most popular drink in the sports drink category, POWERade is endorsed by LeBron James, who was recently honored with his own POWERade flavor, FLAVA23. The drink tastes like "red sourberry" and is artificially colored dark red to match the Cavaliers' wine-colored uniforms.

The popularity of these drinks has led to spin-offs like Propel Fitness Water, Gatorade Energy, Gatorade Endurance and POWERade Option. The Energy and Endurance versions differ in composition from the original Gatorade, which has 75 calories, 15 grams of carbohydrates and two vitamins in addition to sodium, magnesium and potassium. Propel, in contrast, is a flavored, electrolyte-laced solution meant to re-hydrate athletes.

Despite knowledge of the sports drinks' ingredients, athletes and coaches still struggle with what's best to drink and when. "Hydration actually starts two days before constant exercise. Athletes need two to three times more water than the average person," trainer Bob Collins said. He suggested that athletes should drink 128-200 ounces of fluid in the days leading up to an event.

"Water is the universal hydration tool," Collins added.

Collins explained that sports drinks do play a role in physical exertion. "Electrolyte solutions replace minerals that are lost in sweat and aid in muscular contractions," he said, adding that one brand of sport drink is not better for athletes than another. "Any electrolytes are good for all sports."

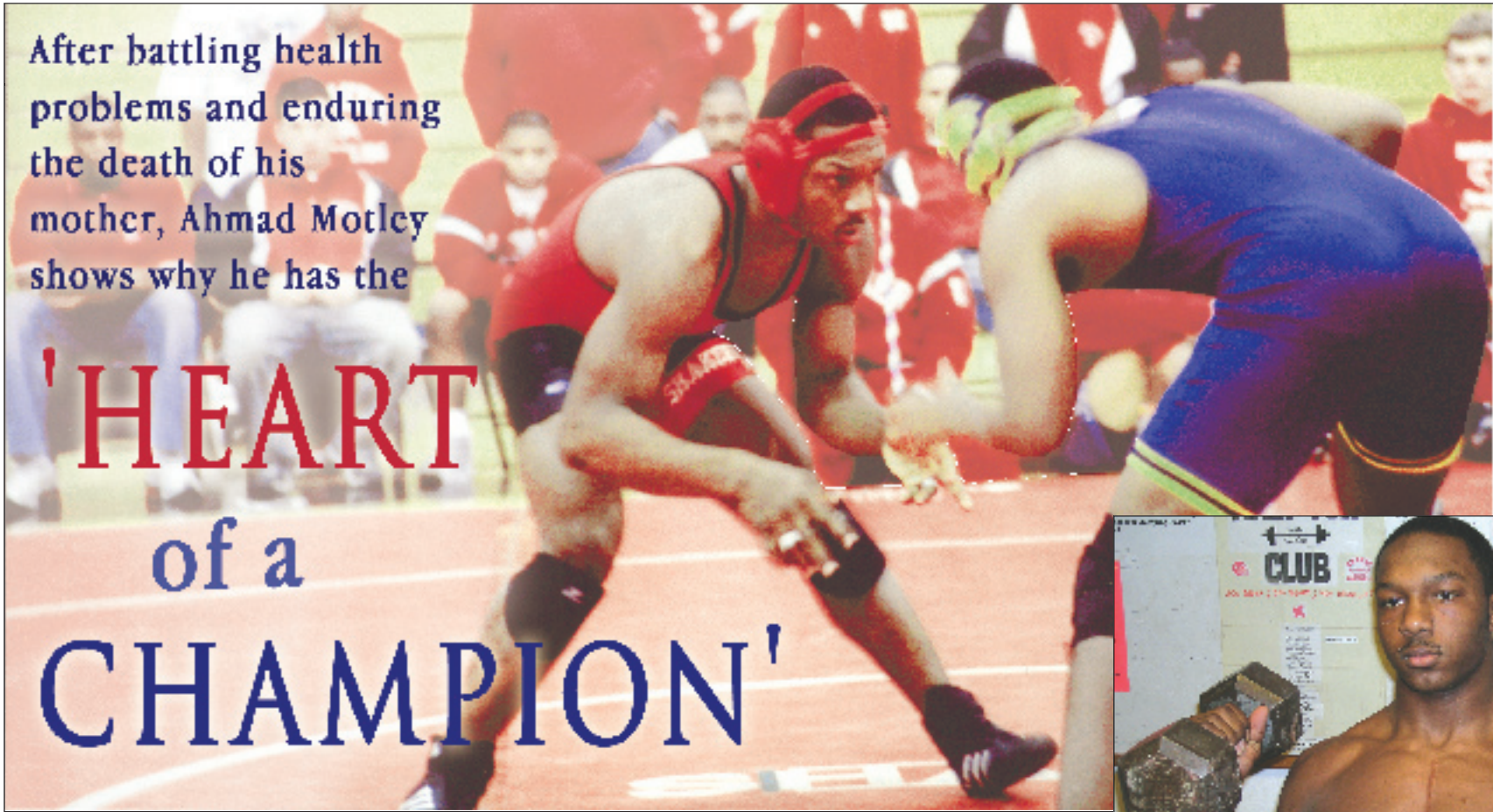


DON'T MISS
THESE
MATCH-UPS:

HOME	GUEST	DATE	TIME
Men's hockey	St. Edward	FEB. 3	9 p.m.
Women's basketball	Solon	FEB. 1	6 p.m.
Men's basketball	Shaw	FEB. 11	2 p.m.

Raider Zone

01.31.06



STARING DOWN HIS opponent, senior Ahmad Motley spars against an Admiral King wrestler Jan. 7 at the LEL tournament. Motley, who wrestles in the 160-lb. weight class, underwent heart surgery last May to correct a rare heart condition called Single Coronary Artery. The incision scar on Motley's chest (inset) is evident as he works out in the weight room. In the cutout, Motley, a fullback, charges down the field against St. Vincent-St. Mary Aug. 27.

David O'Connell • The Shakerite
Dan Snider • The Shakerite (cutout)

BY DAVID O'CONNELL
RAIDER ZONE EDITOR

Decked out in a blue wrestling hoodie and a skullcap, the senior danced in anticipation of his final home match against Cleveland Heights.

Riled up over a team loss to Mentor, Ahmad Motley had pinned his last two opponents from Lakewood and Admiral King. It took 34 seconds to make it three pins by putting away the Tiger opponent.

Motley participated in the LEL wrestling tournament Jan. 7. Fans made shirts and signs to commemorate the graduating wrestlers on their senior day. A T-shirt worn by a fan read "Mott da Ox," and a sign featured Motley's name next to Superman's S.

His nickname may be "The Ox," but Motley has the heart of a lion. Seven months ago, Motley lay awake in a hospital bed, questioning if he'd ever be able to rejoin the football and wrestling teams.

"They told me I'd never be able to play sports again," he said. "In the beginning, I didn't know."

That's because Motley was diagnosed with a coronary abnormality known as Single Coronary Artery, a heart disorder so rare that fewer than 1 percent of the population is diagnosed with it. Athletic trainer Bob Collins said SCA symptoms resemble those of heat exhaustion, including chest pains and shortness of breath. The anomaly leaves individuals with only one coronary artery rather than two, which can limit blood supply to the heart and even cause sudden death. The death rate due to coronary anomalies is higher in young victims -- 15 percent compared to 1 percent in adults.

Motley's ailment was discovered after he suffered a broken rib during the wrestling season last year. The injury led to an infection for which doctors ordered a CAT scan to detect whether his vital organs were affected. That CAT scan revealed the anomaly.

"I was in the hospital for three weeks before they told me I could leave," Motley said. "A nurse stopped me before I left. They asked me questions -- if I wrestled and played football -- and they told me I can't do that anymore because I had [the disorder]. I kept thinking I'd be in rehab now, but he told me I couldn't play."

If not for the broken rib, the doctors may never have learned of

Motley's condition, and if not for his good physical condition, Motley could have died. "If I had stopped working out, it would've happened," he said.

Motley opted to undergo surgery to repair the defect. "When I found out about the surgery, they told me there was a chance I could play again," Motley said. "I had the surgery done without question. They started telling me about other cases, but not many of them played sports."

Motley's case is unique. It's rare for people to engage in athletics after a procedure such as Motley's. When he returned to sports, physicians watched him closely.

"They kept tabs on me," he said. "By me having surgery and playing sports, they're still learning about it so they can help other people."

Working his way back to the field wasn't an easy mission. Motley had to endure many tests first.

"He had to pass a cardiac stress test," Collins said.

According to Collins, Motley had electrodes hooked up to his chest as doctors monitored him in walking, running and inclined sprints. Motley described it "like jumping into a Spartan session," an intense, early-morning workout Shaker athletes take part in.

But the hardest test was yet to come for the linebacker. Just as things were looking up and he was released from the hospital, his mother passed away in June of last year.

"It was the hardest thing I've ever dealt with," he said. "My mother raised me by herself for my whole life. She's not there anymore. She passed a little while after I got out of the hospital. It was so unexpected. She fell into a coma and I thought she'd pull out of it like I did. She wasn't showing signs of getting better."

At a fall football banquet, Motley dedicated to his mother the rose each player gets to give to a parent, coach or special person during the season. Head football coach Dave Sedmak expressed



sympathy for Motley.

"It's always tough to lose a parent no matter how old you are," Sedmak said. "Especially when you're younger."

Despite his hardships, Motley rejoined the football squad. He was not cleared to do any form of exercise until August, but he was allowed to have limited contact during early practices.

"I still felt left out," Motley said. "I just kept working trying to get my conditioning down."

By game week, Motley was cleared for full contact and full playing time. On Aug. 27, he started at fullback, played linebacker and special teams in the Raider's 26-18 loss to St. Vincent-St. Mary. His game didn't falter despite the long playing time.

"I was exhausted. They had me on a lot of different plays," he said. "I thought the exhaustion had something to do with my heart, but I realized I didn't have an off-season."

Motley led the football squad with 76 tackles at season's end. "He's a very hard-working athlete with the heart of a champion," defensive line coach Michael Summers said.

His intensity hasn't faded in the winter season. Wrestling at 160 lbs. -- 35 pounds less than his listed football-playing weight -- he has accumulated six pins en route to a 15-5 record. Motley's comeback has motivated his teammates.

"He's been a tremendous leader and an inspiration to the entire team," head wrestling coach Marc Enie said.

"He didn't have an off-season. He couldn't lift," senior wrestler and football player Rasheed Muhammad said. "He's beating tough kids every tournament."

Doctors defined Motley as a million-to-one shot, but Motley has showed the world why he's one in a million.

"If I could describe him in one word, it would probably be dynamic," wide receivers coach Allen Foster said, "because with everything he went through, he was still a happy person, still intense and never showed any signs of weakness."

